



LONG COURSE **SPEED MEET**



SUNDAY 20TH OCTOBER ▶
WATERWORLD ▶ HAMILTON



RELAYS ▶ CASH PRIZES (12U) ▶ RAFFLES

SESSION 1

WARM UP- 8:15 AM
RACING- 9:00 AM

SESSION 2

WARM UP- 12:00 PM
RACING- 12:30 PM

SESSION 3

WARM UP- 3:00 PM
RACING- 3:45 PM



LONG COURSE SPEED MEET



**SUNDAY 20TH OCTOBER
WATERWORLD**



Session 1 - 12+

Warm up: 8:15am

Racing: 9:00am

- 1 ▶ 400M FREE
- 2 ▶ 50M BACK
- 3 ▶ 100M BREAST
- 4 ▶ 100M FREE
- 5 ▶ 200M IM
- 6 ▶ 50M FLY

Session 2 - 12&U

Warm up: 12:00pm

Racing: 12:30pm

- 1 ▶ 2 X 50M RELAY
(ADAM & EVE FREE)
- 2 ▶ 100M BACK
- 3 ▶ 50M FREE
- 4 ▶ 100M FLY
- 5 ▶ 50M BREAST
- 6 ▶ 100M FREE
- 7 ▶ 50M FLY
- 8 ▶ 100M BR
- 9 ▶ 50M BACK
- 10 ▶ 2 X 50M RELAY
(ADAM & EVE
MIX STROKES)

Session 3 - 12+

Warm up: 3:00pm

Racing: 3:45pm

- 7 ▶ 400M IM
- 8 ▶ 50M FREE
- 9 ▶ 100M BACK
- 10 ▶ 100M FLY
- 11 ▶ 200M BACK
- 12 ▶ 50M BREAST
- 13 ▶ 200M FREE

MEET RATIONAL - SESSIONS 1 & 3

WILL BE AN OFFICIATED SWIM MEET TO GIVE SWIMMERS 12 YRS AND OVER THE CHANCE TO GAIN QUALIFYING TIMES FOR NATIONAL EVENTS COMPETITIONS.

SESSION 2 FOR 12&U WILL BE A DEVELOPMENT MEET AS SET OUT BY SWIMMING NEW ZEALAND'S JULY 2022 COMPETITION RESTRUCTURE. THIS WILL BE TO PROVIDE A FUN ENVIRONMENT FOR SWIMMERS TO ENJOY RACING AND EXPERIENCE SWIMMING IN A 50M POOL.



LONG COURSE SPEED MEET

CONDITIONS OF ENTRY & RACING

Right to compete:

Sessions 1 & 3 of the swim meet are open to all Club and Competitive swimmers who are registered in the SNZ database and are financial as of the date of the meet.

Session 2 of the swim is open to all Club, Learn to Swim, Recreational and Competitive swimmers who are registered in the SNZ database and are financial as of the date of the meet.

The swim meet will be conducted under "SNZ Regulations and Bylaws and World Aquatic Rules", except where local meet rules and conditions apply.

Age as of **20th of October 2024**.

Times may be converted from Short Course. No times (NT) will be accepted.

All events are Timed Finals and mixed gender.

The technical director reserves the right to restrict event numbers if entries exceed the nominated timeframe. Reseeding may be done at the discretion of the technical director.

Technical Director **Aaron Alderton**
email: sgtazz@gmail.com

Entry Process:

Entries are to be submitted via Fastlane, Swimming New Zealand Fast Lane. Submission of entries constitutes acceptance of these meet rules & conditions.

Entry Fees:

Individual race entry: **\$12.50** GST inclusive.
Relay entry: **\$10:00** GST inclusive

Entry Opens: **8.00 am, Monday 26th of August 2024**

Entry Closes: **11.59 pm, Monday the 14th of October 2024**

Late entries will be at the Technical Directors' discretion based on lane space availability. Late entry will incur a fee of \$50.00 per swimmer which must be paid into St Paul's Swim Club bank account prior to the start of the meet:

ASB 12-3171-0169226-50

No late entries will be admitted from Tuesday the 15th of October 2024, at 12.00 pm.

There will be no refunds on entry fees except as per the scratching rules.

All queries to the meet recorder, Ana Copocean at stpaulsswimclub@stpauls.school.nz

Please, email your club Volunteers (Coaches, Team Managers, Time Keepers and Officials) by Thursday **17th of October 2024**.

Team Managers Meeting: Briefings will be held by the Technical Director prior to sessions 1 and 2, and an announcement will be made during the warm-up. All clubs are encouraged to have a representative.

Disqualifications will be announced and picked up from the announcer's desk.



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CONDITIONS OF ENTRY & RACING

General:

The meet will be conducted under Swimming New Zealand's regulations and bylaws, World Aquatic rules', except where local meet rules and conditions apply.

Protests must be submitted within 30 minutes following the conclusion of the respective event.

The protest fee is \$100.00, payable upon submission of the correctly completed protest form.

Swimmers with strapping must provide documentation from a relevant registered health practitioner or physiotherapist and be reviewed by the technical director before swimming. All swimmers must have documentation to be permitted to swim.

Participants who have entered this meet agree to allow photograph, video, multimedia or film likeness taken by accredited photographers approved by Swimming Waikato, a club affiliated with Swimming Waikato or local media.

This is a living document, and amendments may be made. The information in this booklet was correct at the time of publication. St. Paul's Swim Club will not be held liable for any costs and expenses incurred by any person following changes to the information outlined in this booklet.

Timing:

Timing: Electronic timing will be used at this meet. The clubs will be given their timekeeper allocation. All clubs are required to provide 1 for Timekeeper / 4 swimmers.

Relays:

Adam & Eve Relays will consist of 1 Female and 1 Male swimmer. Strokes swum during mixed stroke relay will be picked at random before the race begins and after teams have decided on order.

Relay teams must be submitted by 8pm Wednesday 16th October 2024
No entry time required

Marshalling:

Self Marshalling for the session 1 & 3.
Marshalling will be available for session 2 only (12U).

Scratchings / Withdrawals: Refunds will only be made if a medical certificate is provided to the meet recorder. All refunds are at the discretion of the technical director. No refunds for any withdrawals before or during the meet without a medical certificate.

Officials: As per Swimming New Zealand regulations, there is a minimum number of voting technical officials required for a designated meet to be classed as approved. It is the responsibility of the clubs and members of the swimming community to ensure they contribute to the success of the meet assisting with the provision of officials. When the required number of officials is not forthcoming, the results from the meet will be unapproved.

Prizes Session 2 (12u)

Money will be awarded to 1st, 2nd, and 3rd placings in each event (except relays). Age groups are 9U, 10yrs, 11yrs and 12yrs for both male and female swimmers.

First \$7, Second \$5, Third \$3

Money must be collected by the club's team manager and signed at the collection table.



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HEALTH & SAFETY

Notified Hazards

- Floor surfaces may be slippery when wet. No running.
- Stadium concrete & seating may be slippery when wet.
- Caution around electronic cords (Starting, Timing & Entertainment equipment)
- Please advise the Referee or pool staff if you observe a potential hazard.
- Please ensure any young children are aware of these hazards.

In General

- Please familiarise yourself with the pool layout, exits and equipment.
- Please take time to discuss with your Club how you will react and look after your Club members in the case of an emergency.

In an Emergency

- If you are required to contact Emergency Services, the address directions are: "50m indoor Pool Waterworld Garnett Avenue Hamilton" - please note that Pool Staff are trained in First Aid & CPR.

For Evacuation

- Stay Calm.
 - Three (3) loud blasts on the whistle by the Referee shall clear the pool.
 - Leave the pool complex as directed by Pool Staff or Technical Officials.
 - Assembly locations are dependent on the exit used:
 - 1 ▸ Side door - assemble opposite the bike racks towards the front of the building.
 - 2 ▸ Lido door - assemble out towards the boundary fence.
 - 3 ▸ Main front doors - assemble opposite the bike racks.
 - Assist Team Managers and Officials to evacuate the swimmers safely.
 - Conduct a roll call to account for all persons (Children and Adults) in your Club.
 - Notify the relevant emergency Services as required.
- ### During the Meet
- Please take care to ensure the health and safety of yourself and others.
 - Please leave the pool in a tidy state by properly disposing of all litter; please recycle where possible.